



Iowa Child and Adult Care Food Program Reimbursable Foods for Infants June 2009

This guidance is to provide additional information about what foods may or may not be counted as reimbursable when feeding infants and claiming infant meals for CACFP reimbursement.

Reimbursable foods are foods that count toward fulfilling the requirements for a reimbursable infant meal. Child care providers are required to provide the minimum serving size as identified on the CACFP Infant Meal Pattern. Infants are not required to consume the serving size offered to them.

Non-reimbursable or “other” foods are those foods that are not reimbursable because they do not fulfill the infant food requirements listed on the CACFP Infant Meal Pattern. When these foods are used to fulfill the food requirement, the meal served to the infant must not be claimed for CACFP reimbursement.

It is the child care provider’s responsibility to carefully read food labels before purchasing foods to be served to infants in order to determine if the food will be reimbursable according to the CACFP infant meal pattern guidelines.

Conversations with the parents/guardians are important to determine what foods have been introduced to the infant (see “Foods tried at home”) and the infant’s food needs. Any additional foods to be served to infants must be carefully examined for their appropriateness of consistency for the infant’s developmental abilities as well as for nutrient content to provide the necessary nutrients and calories for infant growth.

Breast Milk	
Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Meals including only breast milk (expressed milk) may be reimbursed if fed by the child care provider.</p> <p>If the mother comes to the child care center or child development home to nurse the infant, the meal is reimbursable <u>only</u> when the care provider serves another reimbursable food according to the CACFP Infant Meal Pattern guidelines.</p> <p>Breast milk is allowed to be served in place of fluid cow’s milk to children 12 months and older (specifically 1 to 2 years of age). (FNS Instruction 783-7, October 4, 1994)</p> <p>Eligible child development home providers who are breastfeeding their infants may claim the meal if other non-residential infants/children are served the same meal. Meals may be claimed for infants of center employees who breastfeed their infants when they are at work at the center.</p>	<p>If the mother comes to the child care center or child development home to nurse the infant, the meal would not be reimbursable if this is the <u>only</u> food served for the meal.</p>

Infant Formulas	
Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Infant Formula means: “any iron-fortified infant formula, intended for dietary use as a sole source of foods for normal, healthy infants served in liquid state at manufacturer’s recommended dilution.”</p> <p>Iron-fortified infant formula is defined by the Food and Drug Administration (FDA) as a product “which contains 1 milligram or more of iron in a quantity of product that supplies 100 kilo-calories when prepared in accordance with label directions for infant consumption.” The number of milligrams of iron per 100 kilo-calories of formula is on the nutrition label of the infant formulas.</p> <p>Meals including only a reimbursable formula provided by the parent/guardian are reimbursable <u>if</u> the formula is the only required food <u>and</u> is fed by the care provider. A current list of reimbursable iron-fortified formulas is included in this document.</p>	<p>Buttermilk Cow’s Milk: 1%, 2%, Skim, Whole, Raw Custard Cream soups Evaporated Cow’s Milk or home prepared Evaporated Cow’s Milk Formula Formula, Low Iron (reimbursable only if there is a medical exception) Goat’s Milk Ice Cream Imitation Milk including those made from rice or nuts (such as almonds or nondairy creamer) Reconstituted Dry Milk Pudding Soy Milk, usually called soy beverage Sweetened Condensed Milk Yogurt</p>

Infant Formulas (cont)

If a formula is not listed on Infant Formulas Part A (*Iron-Fortified Infant Formulas That Do Not Require a Medical Statement*), the following criteria may be used to determine if a formula is reimbursable under the CACFP without a medical statement:

1. Make sure the formula is not on the FDA Exempt formula list. Check the FDA website for the complete list.

<http://www.cfsan.fda.gov/~dms/inf-exmp.html>

2. Examine the nutrition label to see if the formula is iron-fortified. Look for "Infant Formula with Iron" or a similar statement.
3. Make sure the formula is manufactured in the United States.

Exempt Infant Formulas

An exempt infant formula is an infant formula intended and labeled for use by infants who have inborn errors of metabolism or low birth weight, or who otherwise have unusual medical or dietary problems (21 CFR 107.3). For exempt infant formulas, there are specific terms and conditions that must also be met.

Formulas classified as Exempt Infant Formulas by FDA **require** a medical statement in order to be served to infants under the CACFP as part of a reimbursable meal. A medical statement must be signed by a licensed physician if an infant is considered disabled according to USDA's regulation, or a recognized medical authority specified by the State Agency if an infant has medical or other special dietary needs.

This is a partial listing of products classified as exempt infant formulas that FDA believes are currently available on the U.S. retail market. Refer to the following website for the complete list of Exempt Infant Formulas:

<http://www.cfsan.fda.gov/~dms/inf-exmp.html>

Non-reimbursable (unless medical exemption on file) exempt infant formulas include but are not limited to:

Ross Formulas for Premature Infants

- Similac Special Care 20 Advance with Low Iron
- Similac Special Care 20 Advance with Iron

Ross Protein Hydrolysate Formula

- Alimentum Advance

Ross Miscellaneous Infant Formulas

- Isomil DF
- Similac Human Milk Fortifier
- Similac Natural Care Advance Human Milk Fortifier
- Similac NeoCare Advance

Mead Johnson Metabolic Formula

- Phenyl Free 1

Mead Johnson Formula for Premature Infants

- Enfamil Premature LIPIL 20
- Enfamil Premature LIPIL 20 with Iron

Mead Johnson Protein Hydrolysate Formulas

- Nutramigen
- Pregestimil
- Pregestimil 24

Mead Johnson Miscellaneous Formulas

- Enfamil EnfaCare LIPIL

Infant Formulas - Part A

Part A: Iron-fortified Infant Formulas that Do Not Require Medical Statements in the Child Nutrition Programs (as of June 2009).

Although a medical statement is not required for the following iron-fortified infant formulas, child care providers should only provide an infant with the formula recommended to the infant's parent/guardian by the infant's health care provider. This list does not represent our endorsement of these companies or their products. This list is not an inclusive list, because new infant formula products are continually being developed.

1. Milk-based Infant Formulas:

Mead Johnson

- Enfamil Gentlease LIPIL
- Enfamil AR LIPIL
- Enfamil LIPIL

Nestle

- Good Start DHA & ARA
- Good Start DHA & ARA Natural Cultures
- Good Start

Ross

- Similac Advance Early Shield
- Similac Advance
- Similac Lactose Free Advance
- Similac Sensitive (formerly Similac Lactose-free)

PBM (formerly known as Wyeth)

- AAFES/NEXCON Baby's Choice Infant Formula
- AAFES/NEXCON Baby's Choice Infant Formula with DHA & ARA
- AAFES/NEXCON Gentle Milk-Based Infant Formula
- Albertson's Baby Basics Infant Formula with DHA & ARA
- Berkley & Jensen Infant Formula with DHA & ARA
- Bright Beginnings with Iron and DHA & ARA
- CVS Infant Formula with Iron
- CVS Infant Formula with Iron/DHA & ARA
- Full Circle Organic Milk-Based Infant Formula
- HEB Baby Infant Formula with Iron and DHA & ARA
- HyVee Gentle Milk-based Infant Formula
- Kozy Kids Gentle Infant Formula with DHA & ARA
- Kozy Kids Infant Formula with DHA & ARA
- Kroger Comforts Gentle Infant Formula with DHA & ARA
- Kroger Comforts Infant Formula with Iron and DHA & ARA
- Kroger Comforts Lactose-free Infant Formula with DHA & ARA
- Kroger Comforts Milk-Based Infant Formula
- Kroger Comforts Probiotic Milk-Based Infant Formula
- Kroger Lactose-free Infant Formula with DHA & ARA
- Kroger Private Selection Organic Milk-Based Infant Formula
- Meijer Gentle Milk-Based Infant Formula
- Meijer Infant Formula with Iron and DHA & ARA
- Meijer Organic Milk-Based Infant Formula
- Member's Mark Infant Formula with Iron and DHA & ARA
- Parent's Choice Infant Formula with DHA & ARA
- Pathmark Infant Formula with Iron and DHA & ARA
- Pathmark Organic Milk-Based Formula
- Price Chopper Infant Formula with Iron and DHA & ARA
- Rite Aid Infant Formula with DHA & ARA
- Target Infant Formula with Iron and DHA & ARA
- Target Lactose-free Infant Formula
- Top Care with Iron
- Top Care Infant Formula with DHA & ARA
- Top Care Gentle Infant Formula

- Walgreens Gentle Infant Formula with DHA & ARA
- Walgreens Infant Formula with Iron and DHA & ARA
- Walgreens Lactose-free Infant Formula with DHA & ARA
- Walgreens Milk-based Infant Formula with Iron and DHA & ARA
- Wal-Mart Parent's Choice Gentle Milk-based Infant Formula
- Wal-Mart Parent's Choice Milk-based Organic Infant Formula
- Wal-Mart Parent's Choice Milk-based Sensitivity Infant Formula
- Wegmans Gentle Infant Formula
- Wegmans Infant Formula with Iron and DHA & ARA
- Western Family Infant Formula with DHA & ARA
- Western Family Gentle Milk-based Infant Formula

2. Soy-based Infant Formulas:

Mead Johnson

- Enfamil ProSobee LIPIL (formerly Enfamil ProSobee)
- Enfamil LactoFree LIPIL

Nestle

- Good Start with DHA & ARA

Ross

- Similac Go and Grow Soy-based Milk
- Similac Isomil Advance

PBM

- AAFES/NEXCON Baby's Choice Soy Infant Formula
- AAFES/NEXCON Baby's Choice Soy Infant Formula with DHA & ARA
- Albertson's Baby Basics Soy Infant Formula with DHA & ARA
- HyVee Mother's Choice Soy Infant Formula
- HyVee Mother's Choice Soy Infant Formula with DHA & ARA
- Kozy Kids Soy-based Infant Formula with DHA & ARA
- Kroger Comforts Soy Infant Formula with Iron and DHA & ARA
- Parent's Choice Infant Formula with Soy and DHA & ARA
- Pathmark Soy Infant Formula with DHA & ARA
- Price Chopper Soy Infant Formula with Iron and DHA & ARA
- Rite Aid Soy Infant Formula with DHA & ARA
- Target Soy with Iron
- Target Soy Infant Formula with Iron and DHA & ARA
- Top Care Soy Infant Formula with DHA & ARA
- Walgreens Soy Protein Formula with Iron and DHA & ARA
- Wegman's Soy Infant Formula with Iron and DHA & ARA
- Western Family Soy Infant Formula with DHA & ARA

Infant Formulas - Part B

Part B: Follow-up Iron-fortified Formulas that Do Not Require Medical Statements When They are Served to Infants at the Ages indicated:

When Served to Infants 4 Months and Older:

These types of formulas do not require medical statements when they are served to infants 4 months of age or older.

(NOTE: A medical statement is required if any of them is served to infants younger than 4 months of age.):

1. Mead Johnson Enfamil Next Step Lipil
2. Mead Johnson Enfamil Next Step Prosobee Lipil
3. Nestle Good Start 2 DHA and ARA
4. Nestle Good Start 2 Natural Culture
5. Nestle Good Start 2 Soy DHA and ARA

Fruits and Vegetables

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Fruits and vegetables can be a commercial product or home-prepared baby food.</p> <p>The fruit or vegetable must be the first ingredient in the ingredient listing for a commercial product unless the product is a cereal, dessert, or pudding.</p> <p>If the product has multiple fruits or vegetables, the fruit or vegetable must be listed as the first ingredient in the ingredient listing. Check with the parent/guardian to see if the infant has been introduced to all of the foods listed on the product label.</p> <p>Fruits and vegetables must be of appropriate consistency and texture for the individual infant.</p> <p>Home prepared collard greens, carrots, spinach, turnips, beets should only be served to infants 6 months and older.</p>	<p>Ades, i.e.: lemonade</p> <p>Baby Fruit Cobblers</p> <p>Canned Vegetable Soups</p> <p>Citrus Fruits (oranges, tangerines, grapefruits) for infants under 6 months</p> <p>Cream Soups</p> <p>Creamed Vegetables</p> <p>Desserts in a jar (even if fruit is the first ingredient on the label)</p> <p>Dinners in a jar that list fruit or vegetable as the first ingredient</p> <p>Dry Iron-Fortified Infant Cereals with fruit as the first ingredient</p> <p>Dry Iron-Fortified Infant Cereals with fruit</p> <p>Fruit containing DHA</p> <p>Fruit Drinks</p> <p>Fruit in a jar with water as the first ingredient</p> <p>Fruit flavored Powders and Syrup</p> <p>Fruit Juice with Yogurt</p> <p>Fruit or Vegetable Wheels or Puffs</p> <p>Home Canned Fruits or Vegetables</p> <p>Jarred Iron-Fortified Infant Cereals that list fruit as the first ingredient ("Wet" cereal)</p> <p>Juice (infants 0-7 months)</p> <p>Juice Cocktails</p> <p>Juice Drinks</p> <p>Kool-aid</p> <p>Mixed Fruit Yogurt Dessert</p> <p>Pineapple for infants under 6 months.</p> <p>Pudding with Fruit on the label</p> <p>Soda Pop</p> <p>Sticky, sweet foods such as raisins and other dried fruits</p> <p>Tomatoes for infants under 6 months</p> <p>Vegetable containing DHA</p> <p>Vegetable Juice</p> <p>Vegetable Juice Blends</p> <p>Vegetable in a jar with water as the first ingredient</p> <p>Vegetable Soup</p>

Infant Cereals

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Infant cereal includes only iron-fortified dry cereal designated on the product label as “Cereal for Baby”. Look for “Excellent Source of Iron for Infants” or “Excellent Source of Iron and Zinc for Infants” on the infant cereal label. This cereal will be referred to as IFC in this document.</p> <p>The suggested order of introduction of grains to infants is: rice, oat, and then barley. Wait until the infant is 8 months old before introducing wheat.</p> <p>Infant iron-fortified dry mixed cereal is reimbursable if the infant has been previously introduced to the individual grains that make up the mixed cereal.</p> <p>If 8-11 month old infants reject the iron-fortified cereal at breakfast and lunch/supper, first try serving the cereal when the baby is hungry or try mixing the cereal with fruit. At lunch or suppertime, serve the meat/meat alternate.</p> <p>If the baby still rejects the iron-fortified infant cereal, two recipes using the iron-fortified cereal as one of the ingredients may be used (IFC Muffins and IFC Pancakes). There must be written documentation from the parent/guardian indicating that the baby has been served all of the recipe ingredients to check for allergies. The serving size on the recipe must be served in order for the baby to receive the required amount of iron-fortified cereal.</p> <p>The baby must be developmentally ready for muffins or pancakes and these must be cut into small pieces. Clear notes must be written on the baby’s menu to show these foods have been served if the parent/guardian allows them. See the attached <i>Iron-Fortified Infant Cereal Recipes</i>.</p>	<p>Iron-fortified Infant Cereals with Fruit (Dry) Iron-fortified Infant Cereals in a jar, with or without fruit (Wet)</p>

Breads and Crackers

Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Bread and cracker type products must be made from whole-grain or enriched meal or flour.</p> <ul style="list-style-type: none"> Read each product ingredient list carefully to determine if there are potential ingredients that may cause allergies or provide additional calories with little nutritional value (starch, sugar, fat). Bread and cracker products must be suitable for use by the infant as finger food. Select bread and cracker products that are of appropriate texture for the infant’s eating abilities. <p>Bread Products (white, wheat, whole wheat – all without nuts, seeds, or hard pieces of whole grain kernels)</p> <ul style="list-style-type: none"> Breads (French, Italian, and similar breads) Biscuits Bagels English muffins Pita bread Rolls Soft tortillas <p>Cracker Products (white, wheat, whole wheat – all without nuts, seeds, or hard pieces of whole grain kernels)</p> <ul style="list-style-type: none"> Crackers (saltines, low salt crackers or snack crackers) Graham crackers made without honey Teething biscuits 	<p>Baby Cobblers Bread made with honey Bread made with seeds, nut pieces or whole grain kernels Brownies Cakes, commercial or home made Cooked rice, barley, and wheat (whole kernels should be mashed or ground before feeding, if served as an extra) Cookies, commercial or home made Corn Grits Crackers made with honey Crackers made with seeds, nut pieces or whole grain kernels Croutons Doughnuts Farina, (even if enriched) Fruit or Vegetable Wheels or Puffs Grain Bars Granola Bars Honey Graham Crackers Iron-fortified Infant Cereals with Fruit (Dry) or formula Iron-fortified Infant Cereals with Fruit in a jar (Wet) Oatmeal, Regular, Minute, old-fashioned Pasta – cooked and uncooked noodles, macaroni, spaghetti, etc. Popcorn Pretzels Ready to Eat Cold Cereals for older children or adults Rolls made with seeds, nut pieces or whole grain kernels Sweet Pastries, commercial and home made Tapioca</p>

Juices Snacks for 8 months through 11 months only (until 1st birthday)	
Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Only full-strength, 100% juices (regular or infant) are allowed for the 8 - 11-month-old infant at snack time.</p> <p>Juices should be naturally high in or fortified with vitamin C.</p> <p>Juices must be pasteurized.</p>	<p>Ades, i.e.: lemonade Citrus juice for infants under 6 months Fruit Drinks Fruit Juice with Yogurt Fruit flavored Powders and Syrup Home Canned Fruit or Vegetable Juices Juice Cocktails Juice Drinks Kool-aid Soda Pop Vegetable Juice Vegetable Juice Blends</p>

Meat/Meat Alternates Lunch/Supper for 8 months through 11 months only (until 1st birthday)	
Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
<p>Cheese Cheese Food or Cheese Spread Cooked dry beans or split peas Commercial plain strained or pureed baby food meats with meat or poultry as the first ingredient Cottage Cheese Egg yolk Gerber 2nd Foods™ Meats Beef and Beef Gravy Chicken and Chicken Gravy Ham and Ham Gravy Lamb and Lamb Gravy Turkey and Turkey Gravy Veal and Veal Gravy Meat/meat alternates must be of appropriate consistency and texture for the individual infant. Meat, Fish and Poultry</p>	<p>Baby Food Combination Dinners in a Jar Baby Food Meat Sticks or "Finger Sticks": (looks like miniature hot dogs) Bacon Bologna Chicken Nuggets Combination Dinners Cured Meats Dehydrated Dinners Egg Whites Fat trimmed from meat Fish, canned with bones Fish: shark, swordfish, king mackerel, tilefish Fish Sticks: commercial or other commercial breaded or battered fish or seafood products Fried Meats Green beans, frozen, fresh or canned (creditable as a vegetable only) Home Canned Meats Hot Dogs (Frankfurters) Luncheon Meats Nuts Nut Butters, such as Peanut Butter Peas, frozen, fresh or canned (creditable as a vegetable only) Raw or undercooked eggs Salami Sausage Seeds Seed Butters Shellfish: shrimp, lobster, crab, crawfish, scallops, oysters, clams Skin trimmed from meat Tofu Undercooked eggs Yogurt</p>

Additional Foods:	
Reimbursable Foods Descriptions:	Non-reimbursable foods include but are not limited to:
	Artificial Sweeteners Candy, any kind (lollipops, candy bars, sweet candies) Chips, any kind Chocolate Cocoa Coffee Desserts in Jars Desserts, commercial and home-made Drinks with artificial sweeteners Honey Pepper added to foods Salt added to foods Syrups Sweeteners added to foods Tea, sweetened and unsweetened



Iowa Child and Adult Care Food Program
Iron-Fortified Infant Cereal Recipes
(Attachment to CACFP Reimbursable Foods for Infants List)

Iron fortified infant cereal (IFC) is a required part of the infant meal pattern at breakfast, and IFC or a meat/meat alternate must be served at lunch/supper for infants 8 through 11 months of age (until 1st birthday). Both meats and IFC are good sources of iron, which is especially important for infants at this age. However, older infants may reach a point in their development where they can chew and swallow foods with more texture, and may object to the consistency of IFC. These recipes are provided as a way to offer IFC in a form that may be preferred and accepted by older infants. Before serving, be sure that parents have indicated that the baby has first been introduced to all the ingredients, and that the infant may be served these foods. When served, label as IFC Muffins or IFC Pancakes on the infant menu. (These recipes do not credit toward the bread/cracker optional component at snack for infants 8-11 months old (until 1st birthday)).

IFC Muffins

2 egg yolks
1 cup iron fortified infant formula (IFF)
¼ cup vegetable oil
1½ cups rice iron-fortified infant cereal (IFC)
½ cups enriched wheat flour
½ cup sugar
1 T baking powder

Heat oven to 400° F. Grease bottoms of 12 muffin cups (or use paper lines). Beat egg; stir in milk and oil. Mix in remaining ingredients until moistened. Batter should be lumpy. Fill muffin cups 2/3 full. Bake 20 minutes.

Yield: 12 muffins

Credit: One muffin credits as one serving of IFC (2 T). The formula does not contribute to the IFF requirement.

IFC Pancakes

2 egg yolks
1 cup iron fortified infant formula (IFF)
2 Tbsp. vegetable oil
¾ cup rice iron-fortified infant cereal (IFC)
¾ cup enriched wheat flour
1 T sugar
1 tsp. baking powder
½ tsp. baking soda

Beat egg yolks; add remaining ingredients in order listed. Beat with a spoon until only small lumps remain. Grease heated griddle and divide batter into 6, 4-inch pancakes. Turn pancakes as soon as they are puffed and full of bubbles. Bake other side of pancake until golden brown. May be served with applesauce instead of syrup.

Yield: 6, 4-inch pancakes

Credit: One pancake credits as one serving IFC (2 T). The formula does not contribute to the IFF requirement.